



Fire Black

Practice Plan

Date: 02-01-24

Time: 16:00-17:30

Arena: Max Bell

Lines: 12 F, 8 D, 2 G

Notes:

A300 Tight Turns-Three Hard Strides-Shot

B2 - Shot-Pass-Shot x 3 x 2 x 2 - Pro

C600 - Multiple One Touch Passes x 2 - 1-1 x 2

B6 - 2-0 x 2 Cross Pass x 2 - U15 G

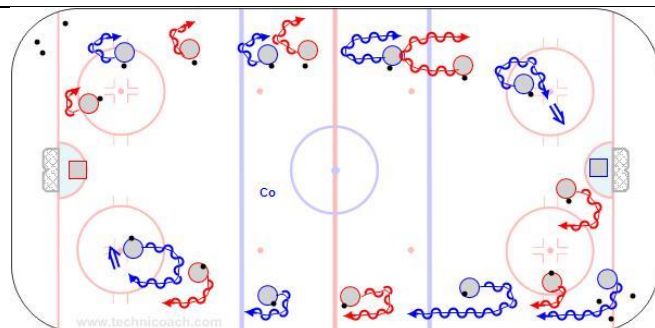
T2 - Tomas Continuos BO -

T2 - Bob Johnson 10 Second Power Play Game

D100 - Power Play Game 1-1 to 5-5

E1 - Ten Puck Shootout with a Pass

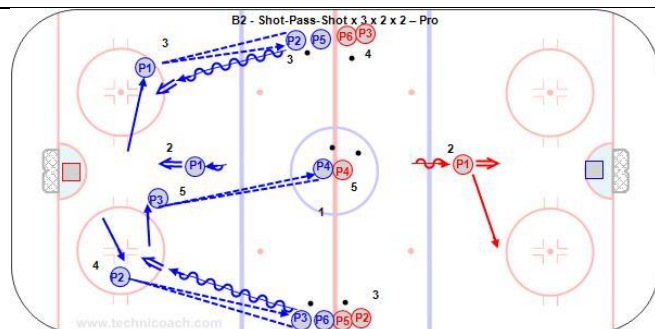
C202 - 1-1 - 2-1 D stick over



10'
Individual Puck Handling

A300 Tight Turns-Three Hard Strides-Shot

- One side stickhandling moves at each dot.
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- Other side linear crossovers at full speed between top of circles.
- Coaches shoot on goalies



10'
B2 - Shot-Pass-Shot x 3 x 2 x 2 - Pro

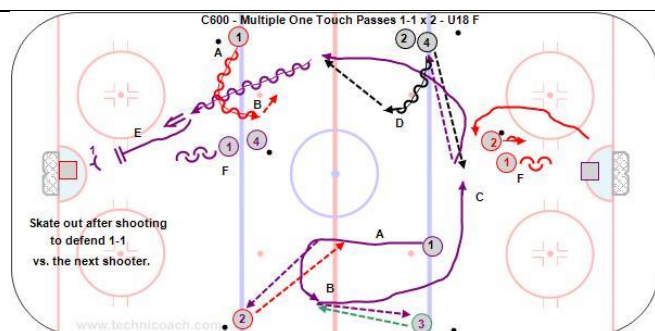
Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<https://youtu.be/sIO0FFCNd3g>



10' **C600 - Multiple One Touch Passes x 2 - 1-1 x 2**

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the **pass**. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter. We added one more **pass** to the previous **multiple pass** drill.

Description:

1. exchange passes twice with 2.
1. turn out and exchange passes twice with 3.
1. skate across and exchange passes two with 4.

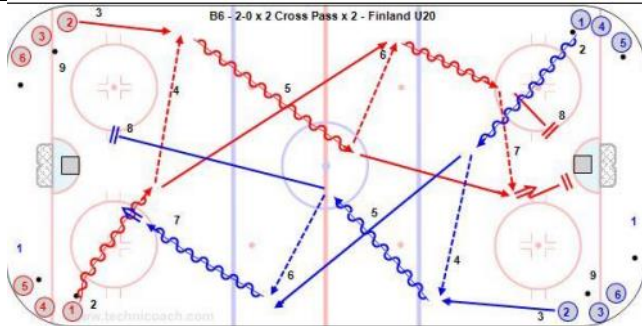
D. 4 skate to the inside and **pass** to 1 skating wide up the ice.

E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

** 1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<https://youtu.be/upx3jea6-kq>

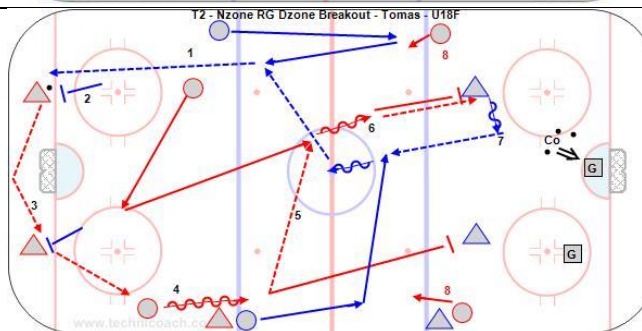


10'

B6 - 2-0 x 2 Cross Pass x 2 - U15 G

Pass wide then follow the pass Pass receiver skate between dots First player cross and take ice behind Pass wide and go to net Shoot before the hash marks and crash net

<https://youtu.be/HgKu9CvLmzM>

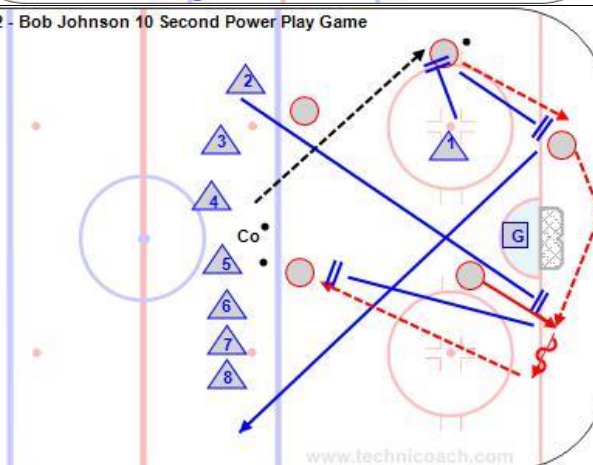


10'

T2 - Tomas Continuous BO - U15 G.

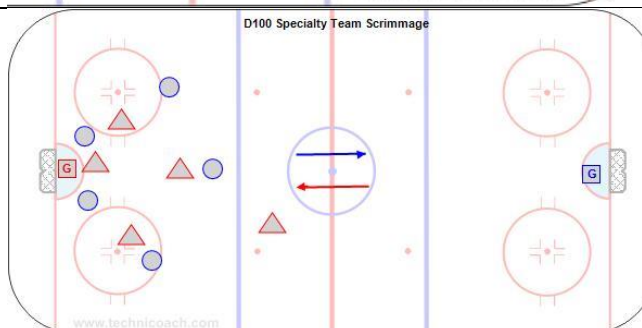
<https://youtu.be/gtrapQ0Viyc>

T2 - Bob Johnson 10 Second Power Play Game



8'

T2 - Bob Johnson 10 Second Power Play Game



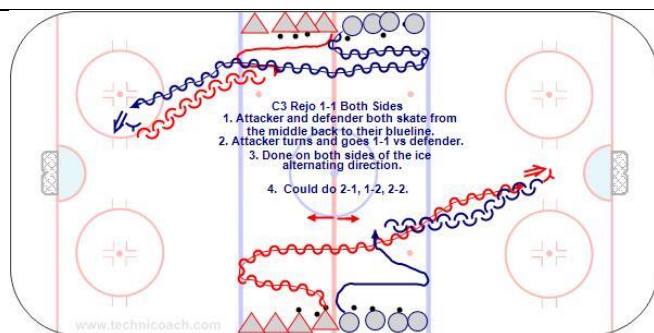
10'

D100 PP Game - One Defender in Nzone

Play 5-5 with defenders leaving one F in neutral zon making it 5-4 at each end.

T2 - D100 - PP Game 5-5 - One Defender in NZ - U15 G

<https://youtu.be/XvHRv7-KCw>



10'

C3 Rejo 1-1 Both Sides - Gap Control - U15 G

Key Points:

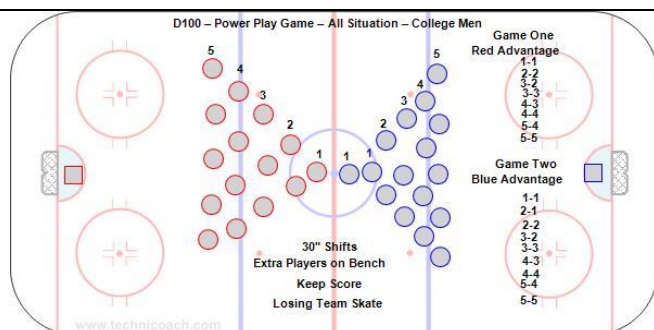
The defender needs to get within a stick length of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

C3 - 1-1 - 2-1 - U15 G

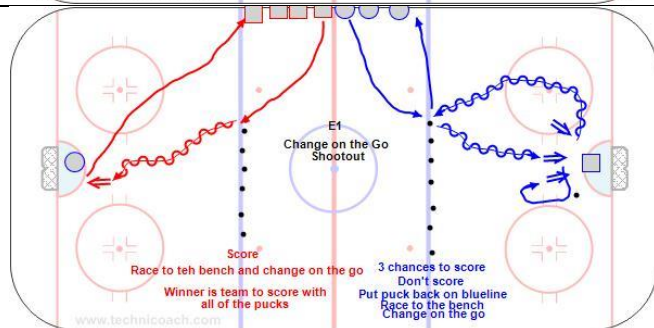
https://youtu.be/6Z_S0eyQ7yo



10'

D100 - Power Play Game 1-1 to 5-5 - U15 G

<https://youtu.be/2QsKXbo1Cog>



10'

E1 - Ten Puck Shootout with a Pass - U15 G

<https://youtu.be/XLAM35UUKvI>